

Gateway to Healthy Living



- Meet with trained health professionals
- Plan your path to health and wellness
- Develop SMART goals
- Identify personalized goals to improve your health
- Learn about VA and community resources available to help guide you on your path

Date	Time	Location
Tues. October 20th	1:00 p.m. to 2:30 p.m.	Saguaro Clinic
Fri. November 6th	10:30 a.m. to 12:00 p.m.	Ironwood Clinic
Tues. December 15th	1:00 p.m. to 2:30 p.m.	Saguaro Clinic
Fri. January 29th	10:30 a.m. to 12:00 p.m.	Ironwood Clinic
Tues. February 16th	1:00 p.m. to 2:30 p.m.	Saguaro Clinic
Fri. March 3rd	10:30 a.m. to 12:00 p.m.	Ironwood Clinic
Tues. April 19th	1:00 p.m. to 2:30 p.m.	Saguaro Clinic

